

TEN TIPS FOR STAYING HEALTHY!

My favorite reminders to read over every week as I prepare to be as productive and successful as possible!

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1

HYDRATE!

Super simple here- Drink 1/2 your weight in ounces every day. First thing in the morning drink at least 24 ounces before anything else!

2

MOVE A LITTLE!

If we are creating ourselves all the time, then it is never too late to begin creating the bodies we want instead of the ones we mistakenly assume we are stuck with, said Deepak Chopra.

3

MEDITATE

For 2-20 minutes a day set aside and schedule your personal time to meditate. This will help to increase energy, clarity, happiness and focus on a whole host of areas!

4

NEVER SKIP BREAKFAST

After your giant cup of water first thing in the morning make sure to eat breakfast within at least an hour of waking up. Try a smoothie, make it vegan & load it with greens!

5

LIMIT REFINED SUGAR

Far less attention has been given to the impact of a high-sugar diet on mental health, though numerous studies have shown the deleterious effects a sweet tooth can have on mood, learning and quality of life. In addition to inflating waistlines, sugar and other sweeteners may contribute to a number of mental health problems such as depression, addiction- though controversial, a growing body of evidence points to the addictive potential of sugar, anxiety, learning & memory!

6

GLUTEN-FREE RECIPES

The human body has been designed to resist an infinite number of changes and attacks brought about by its environment. The secret of good health lies in successful adjustment to changing stresses on the body, said Harry J. Johnson. So try Gluten-Free sometime!



7

GO DAIRY FREE

Ditch Dairy to

1. Reduce Acne
2. Have a happier digestion & less bloating
3. Experience weight loss from the reduced lactose
4. Increase metabolism and energy levels
5. If you need help with this I have a great personal chef recommendation!!!

8

GO VEGGIE

Try a Meatless Monday, Vegetarian for a month or Vegan for a week or weekend! There are tons of online recipes to support your move to more veggies and many new restaurants too! So have fun with this!

9

CULTIVATE GRATITUDE

Here are three great ways to begin cultivating gratitude!

1. Gratitude journaling
2. Creating a list of possibilities and blessings
3. Shifting our perception (stay positive!)

10

SLEEP

Make sure you receive adequate sleep and if you're having trouble sleeping, increase daily water intake, increase movement and try a supplement like Valerian root tea before bedtime!